1:Dobrizhoffer M-5 (ca. 1760) 1822
SI4 Abipon SI4

and sheep fattened only in those pastures where plenty of nitre, or some saltish substance was mixed with the grass; if that be wanting the cattle very soon become ragged and lean. Meat sprinkled with salt will keep a long time, but the more plentifully it is salted the sooner it stinks and putrefies, the moisture into which salt dissolves united with heat accelerating putrefaction. Beef hardened by the air alone, and fish dried with nothing but smoke, will keep many months without a grain of salt, as I and all the savages know from experience. When we sailed back from Paraguay to Europe our chief provisions consisted of meat part salted, part dried by the air alone. The latter from having no salt in it remained well tasted and free from decay till we reached the port of Cadiz, while the other soon putrefied and was thrown into the sea even by the hungry sailors. Now hear what inference I draw from all this. Since the Abipones, though they use salt but seldom and in small quantities, are generally healthy and long-lived, I cannot but suspect that abstinence from salt conduces more to the well being of the body than the too unsparing use of it.

That diet regulating both meat and drink is the source of a late old age, firm health, and long life is unanimously agreed by all the great